

THE

official newsletter of the 124th Fighter Wing

# BEACON



COMBAT EXCELLENCE-ALWAYS ON MISSION



# FROM THE WING COMMANDER

COL. TIM DONNELLAN

*Warriors of the 124FW--*

*I hope this special edition finds you well rested and reconnected with family and friends after the holidays! This month we will continue to focus our efforts on reconstitution as we inventory and repair airplanes and continue to regain qualifications. We have the first of two Yellow Ribbon events scheduled, with the main focus of briefing our deployers on their benefits and ensure all post deployment paperwork is on track. Both Ms. Harrison and Ms. White have done a phenomenal job preparing for this event and I hope that you all will find it valuable.*

*This month we begin welcoming home our last round of RCP deployers, which will go all the way to the end of February when we will finally have everyone back home. We will be closing the chapter on this phenomenal effort and impact on both the state, nation and world events while also beginning our next adventure.*

*I look forward to January drill as we begin an exciting year reconstituting our combat capability, continuing to train for excellence with our Major Readiness Exercise in June and with showcasing the 124th Fighter Wing to the ACC IG in September. We're going to cap it off with an amazing open house, giving us the chance to show our appreciation to the community while giving them a chance to see what we do.*

*So whether it's on the flight line, around the base, or at the airport welcoming home deployers, I look forward to seeing you all this month!*

*Attack! Donut*





# FROM THE WING COMMAND CHIEF

CHIEF MASTER SGT. TAMMY LADLEY



*Fellow Airmen of the 124th--*

*As we all prepare to have everyone home from the longest and largest deployment in the wing's history, I ask that you take some time to reflect on 2016. Many of our Airmen were not able to be home for the holidays, and spend this time with their loved ones. It has been a priority to keep in contact with the family members of our deployed Airmen to ensure they have all the support they need while their loved ones protect our nation. We are in debt to those who have sacrificed this time away from family and friends, the loved one that worked so hard to keep normalcy in the home, and to those Airmen who stayed on the home-front keeping Gowen Field ready and able to fulfil our state mission. I am hopeful that every Airman took a knee, rejuvenated and prepared for a busy year ahead. It's important, especially after the crazy year we had in 2016 to take the time and reflect on what we have accomplished. This past year has challenged us all, which we succeeded exceptionally well. 2017 is not going to slow down, as we will hit the ground running with an exercise in June, our Capstone in September and our first open house/air show in 20+ years- "Gowen Thunder," which will be in October. Remember, together we can accomplish anything. I am confident in the men and women of the 124th Fighter Wing. Not only do you never let me down, but because you continue to amaze me with your dedication and professionalism. Because of that, Gowen Field is now on the short list with only four other National Guard bases to potentially receive the F-35s. Things can change quickly so stay focused on the task at hand and the other things will fall into place. Don't hesitate to reach out and connect with your fellow Airmen. You never know when someone may need you.*

*As always, I am honored to serve with you and FOR you.*

*Happy New Year!*

*-Chief Ladley*

# CONTENTS

## THE BEACON

### 5 COMMANDERS HOTLINE

COMMANDERS HOTLINE NUMBER

### 7 PAITENCE & A NEW YEAR

MESSAGE FROM THE DPH

### 10 DO SOMETHING

MESSAGE FROM SAPR MANAGER

### 12 THE FINAL STRETCH

MESSAGE FROM THE MISSION SUPPORT GROUP

### 16 FINANCES

MESSAGE FROM THE BASE CFP

### 6 REDEPLOYMENT

MESSAGE FROM THE JAG

### 8 PEANUT BUTTER AND JELLY

MESSAGE FROM THE OPERATIONS GROUP

### 11 DOCTORS ORDERS

MESSAGE FROM THE MEDICAL GROUP

### 14 THE 3 R'S

MESSAGE FROM YELLOW RIBBON

### 17 JUST YESTERDAY

PICTURES FROM DEPARTURES

## KEY CONTACT NUMBERS

#### CHAPLAIN:

208-422-6468 OR 208-541-9723

#### FAMILY SUPPORT:

208-422-5374 OR 208-599-4758

#### YELLOW RIBBON:

208-422-6788

#### ANG DIRECTOR OF PSYCHOLOGICAL HEALTH:

208-422-5377 OR 208-863-3015

#### ANG FINANCE OFFICE:

208-422-5848

#### HUMAN RESOURCE OFFICE (HRO):

208-422-3338

#### LEGAL:

208-422-5399

#### AMERICAN RED CROSS:

1-877-272-7337

#### TRIWEST (TRICARE):

1-888-TRIWEST (1-888-874-9378)

#### ESGR:

208-272-3544

#### MILITARY ONE SOURCE:

1-800-342-9647 OR MILITARYONESOURCE.MIL

#### MILITARY FAMILY LIFE CONSULTANT

208-272-8398 OR 208-577-1025

#### PERSONAL FINANCE COUNSELOR

208-272-8332 OR 208-215-8804


#### STATE YOUTH COORDINATOR

208-272-8397 OR 208-890-5268

Want the latest and greatest news from the 124th Fighter Wing? Don't wait for the next printed edition of The Beacon. Click below or copy the link into your browser:

[bit.ly/getEDGE](http://bit.ly/getEDGE)

THE BEACON is the official magazine of the 124th Fighter Wing, Idaho Air National Guard. It is published monthly by the wing public affairs office. Views expressed may not be those of the U.S. Air Force, Air National Guard, Department of Defense or U.S. Government.



This hotline is available  
for members of the 124th  
Fighter Wing and their  
dependents that would  
like to address any  
concerns during the  
deployment to include any  
media concerns or issues  
that may arise.

COMMANDER'S HOTLINE  
208-422-5000

# REDEPLOYING?



## KNOW YOUR RIGHTS UNDER USERRA:

USERRA was enacted to ensure that members of the uniformed services are entitled to return to their civilian employment upon completion of their military service. Members should be reinstated with the seniority, status, and rate of pay they would have obtained had they remained continuously employed by their civilian employer. The law also protects members from discrimination in hiring, promotion, and retention on the basis of present or future service in the armed services.

### Health Insurance:

Additionally, you have the right to elect to continue your existing employer-based health coverage for you and your dependents for up to 24 months while in military service. Even if you choose not to continue that health insurance coverage, you have the right to be reinstated in your employer's health plan when you are reemployed, generally without any waiting periods or exclusions (i.e., pre-existing condition exclusions) except for service-connected illnesses or injuries.

## THE UNIFORMED SERVICES EMPLOYMENT AND REEMPLOYMENT ACT

### REEMPLOYMENT:

**YOU HAVE THE RIGHT TO BE REEMPLOYED IN YOUR CIVILIAN JOB IF YOU LEAVE THAT JOB TO PERFORM SERVICE IN THE UNIFORMED SERVICE AND:**

- \* YOU ENSURE THAT YOUR EMPLOYER RECEIVES ADVANCE WRITTEN OR VERBAL NOTICE OF YOUR SERVICE
- \* YOU HAVE FIVE YEARS OR LESS OF CUMULATIVE SERVICE IN THE UNIFORMED SERVICES WHILE WITH THAT PARTICULAR EMPLOYER
- \* YOU RETURN TO WORK OR APPLY FOR REEMPLOYMENT IN A TIMELY MANNER AFTER CONCLUSION OF SERVICE
- \* YOU HAVE NOT BEEN SEPARATED FROM SERVICE WITH A DISQUALIFYING DISCHARGE OR UNDER OTHER THAN HONORABLE CONDITIONS

The 124th FW Legal Office is available to assist you with USERRA issues and any other legal assistance concerns you may have.



Please contact our office

Monday-Friday 0700-1630 to  
schedule an appointment at

**422-5466**

# QUESTIONS?



# REFLECTIONS ON PATIENCE AND A NEW YEAR



*As a New Year begins we often look back by taking a snap-shot of the days remembered. What happens to make us remember a day? Moments in time are fleeting. In a flash they disappear. Poof! There goes another missed opportunity. Or, wow! I will never forget that moment in time. As the old saying goes, “I’ll take that to my grave.”*

*For Idaho Air National Guard members, many of us have the departure and return photo burned into our memories. Good, bad or ugly – it’s there and part of our past year’s history. Some are still waiting patiently for loved ones to return. Time apart and time together can both build a meaningful snap-shot – if we pay attention.*

*As the Director of Psychological Health, I often hear frustrations linked to unhealthy communication techniques, lack of ability to accurately empathize and desire for perfectionism. These issues can all be resolved by learning new communication skills, gaining resources and by being kind to yourself and others. So, what is it that brings joy and creates memories for you?*

*I am here if you find yourself stuck or in need of a community referral, for you or a family member.*



Patricia DeBor  
Director of Psychological Health  
208-422-5377  
patricia.l.debor.civ@mail.mil

I am a Licensed Professional Counselor and have been supporting military members and their families since 2010. There is no fee for my services, I am full-time and on base during drill.

*“Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time.”*

*-Jon Kabat-Zinn*

# Peanut Butter & Jelly



By Col. Shannon Smith  
124th Operations Group Group

*Have I ever told you about the peanut butter and jelly bull? It's a great story, or at least I think so. You see, I have this bull hanging on the living room wall at home. Every time I look at it, it takes me back to that moment, a 12-yard shot and a mouth full of PB&J.*

*My Dad once said to me, "That's what I love about having that memory on the wall. To you, the hunter, it means something special. To everyone else, it's just a beautiful animal." That is unless I share the story with you.*

*It's been several years since ole PB&J but I remember it like it was yesterday. I had been hunting for three days and had several encounters with elk through conversation, but I had yet to see the elk I was speaking with. It was exciting at first, but it had unfortunately become a regular occurrence. I would make a cow call and get a bugle in reply. My heart would jump and I would go into a flurry of action and thoughts: get an arrowed nocked, what are the winds? Where's the best place to setup? What tree is 20 yards, 30 yards, 40 yards, 50 yards... Then suddenly, the conversation was over. No sounds, no movement and no more elk. And so it went for two and a half days, and continued on to the third day, or at least initially when I spoke with PB&J. He stopped talking like so many before him, I got frustrated and gave him my best interpretation of a foul-mouthed bull. With that childish act, I promptly sat down and began eating my lunch of PB&J and chips. Resting on that mountain top I was resigned to believing I would never call a bull in and that's when I heard what was almost an imperceptible sound...*

*I've told this story so many times to my family that I think Laurie and my boys feel*



like they were there. What's interesting, is that I haven't told them many stories of my deployments. We just don't talk much about those times and I'm not sure why. Maybe it's because those times feel so foreign compared to the lives they live while I'm gone. It would be too complicated to explain some of what I do, right? They probably wouldn't understand... right? Maybe so. But maybe the point of telling a story is more than that. Maybe in sharing stories, we begin to mend the time spent away. Maybe in sharing stories, our families and loved ones get some sense of what it was like, almost like they were there with us. But how to begin? Maybe we begin by asking them what it was like while we were gone and then start with listening.

Maybe that's how the conversation starts and that beginning opens the door to a shared experience and then maybe some "war stories". There's all kinds like: "What was that first day of school like?" and "Were you scared to have our baby all by yourself?" and there's more like "What was the food like?" and "What's a coup?", "What's it like to shoot the gun in combat?" and "Were you ever scared?"

Telling stories is a big part of post-deployment reconstitution, especially after six months of combat operations and being away from loved ones. Take the time to tell stories. Ask the ones you love to share their stories while you were away then return the gesture with stories of your own. We can't get back the time spent away from loved ones but maybe, by some small measure we can mend that time away... with stories.

On behalf of a grateful nation, thank you for you and your family's selfless service and sacrifice. Happy New Year! Make a resolution to tell stories and to listen... Have I ever told you about ole PB&J?

-Singin



# DO SOMETHING



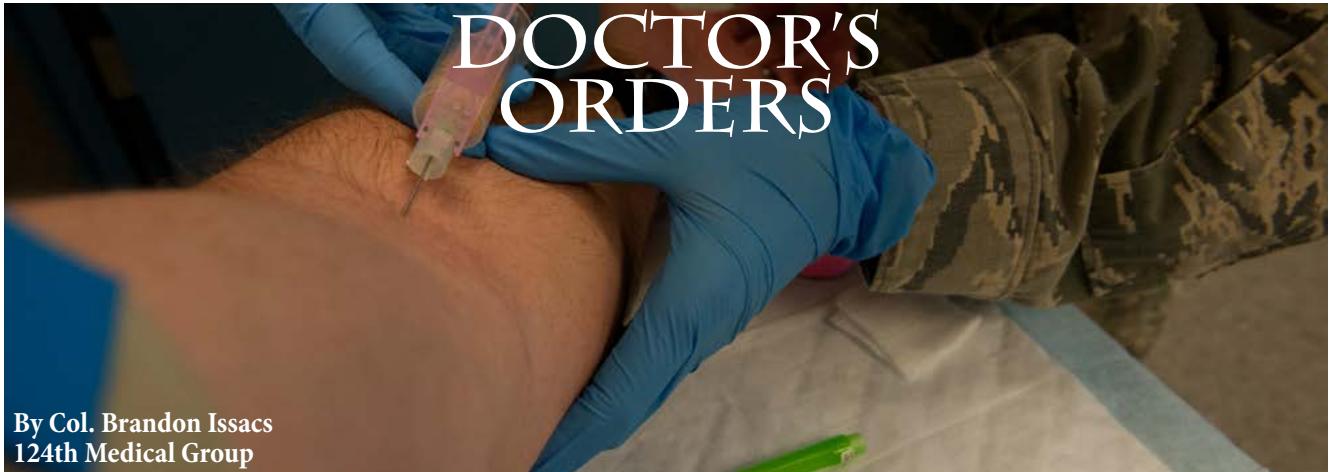
By Capt. Kristin Daigle  
124th Sexual Assault Response Coordinator

*2016 was a year of change for the 124th Fighter Wing! We had the largest mobilization of our wing with over 500 of our Airmen deploying to bases around the world. The Sexual Assault Prevention and Response (SAPR) program also saw a dramatic change in its approach to training. This year marked the first year in a 5-year rollout of the new Green Dot Initiative, which is aimed at reducing the instances of interpersonal violence across the service. The premise behind the training is simple: red dots symbolize acts of violence, such as dating/domestic violence, stalking, and sexual assault; green dots represent actions or words to counteract and prevent red dots.*

*A green dot does not have to be a BIG thing. It can be a small thing, like checking on a friend or fellow Airman they are worried about, or pulling someone aside when they see a situation that makes them uncomfortable. The important thing is not necessarily what you do, but that you do something! Be realistic about what you will and won't do and spend some time thinking about options that you would really do. No one has to do everything, but everyone has to do something. We would love to hear your feedback or your Green Dot success story!*

Capt. Kristin Daigle  
Sexual Assault Response Coordinator  
208-422-6373

**24-hr SAPR Hotline 208-954-3369**



By Col. Brandon Issacs  
124th Medical Group

To all members of the 124th Fighter Wing--

During this holiday season we honor the efforts undertaken recently to insure our ability to celebrate in the comforts of our homes with family and friends. We must reflect on the impact we have had on those overseas who cannot take advantage of what we often seem to accept as a norm. I read an article recently of a city of people who returned to their community after we freed it from ISIS control and what they found. Their city was devastated, yet they were still so thankful to have been able to return. They as a community gathered together in the town square to celebrate despite the destruction. We (the 124th Fighter Wing) had a significant impact in facilitating their ability to return to their homes to begin the rebuilding process. We should be proud to have had that impact on those citizens of that community.

It is great to have most of our folks back from their ma-

jor interactions in Turkey and we again offer congratulations for a job well done. Now is the time to reflect on the impact of our efforts and remember how well we performed. Many will have struggles reintegrating into their daily lives interacting with their civilian counterparts who will never have any idea what it is that we just accomplished and many don't want to understand either. This is frustrating at times for members to accept. Our civilian counterparts will never understand. Serving is a privilege and an honor as we all protect the freedoms we hold dear to our hearts, but often take for granted. Remember your guard family and that we are in this together as a group. We will always remember and we are honored to have been able to serve in that arena.

On another note, also remember that we also have others who are still deployed and are serving where they are needed. We have and

will continue to perform well beyond expectations. The holiday season can become even more stressful when a deployed member is required to be away from family and friends at a time when we should be celebrating and enjoying each other's company in the comforts of their homes. For those of us still at home we need to remember those still in the AOR or in other remote locations. Take the time to send a friendly note letting them know that they are being thought of and are still part of the guard family. Do what you can to support those left behind as well in assisting with their families as needed. Take care of each other in the shops you work in and be good Wingmen whenever the opportunity arises. Let's take care of each other as we do so well in the Idaho Air National Guard. We are proud of what you do as you sacrifice your time and efforts to keep our nation safe and free from those who wish to do us harm.





### *Warriors of the 124th-*

*Several members of the 124th Mission Support Group (MSG), the most diverse group of professionals on the base, have returned home and are reintegrating with their families. However, nearly 100 of our MSGers are still deployed performing vital missions for their Combatant Commander and doing a phenomenal job!*

*The warriors of the Civil Engineer Squadron, under the operational control of Maj. Stevens, continue to have direct impacts on the fight on global terrorism efforts. One incredible example, members of the 1st ECEG operated the new fielded Rapid Airfield Damage Repair System and Super Kit to fix a heavily damaged major strategic airfield in only three weeks! OUTSTANDING job!!*

*The Security Forces Squadron recently welcomed 13 Defenders back to their families! The remaining OCONUS Defenders are protecting the air, land and fellow troops in an important mission with high visibility. SSgt. Jessica Farrias was awarded the squadron "NCO of the Month" in September, MSgt. Buckley Stewart was selected as the "AFCENT Defender of the Month" in October, and the 124th Defenders were part of the squadron's "team of the month" in September. Additionally, TSgt. Benjamin O'Neal and SSgt. Joshua Bridges were coined by the Secretary of Defense, Mr. Ash Carter; while TSgt. Brady Mueller and SSgt. Brad Ford were coined by General Joseph Votel, USCENTCOM Commander, for valiant performances in their deployed location. Well done Defenders!*

*Roughly a quarter of the Airmen from the Logistics Readiness Squadron are still deployed along with several members of Communications Flight and Force Support Squadron. They are maintaining a strong presence throughout the AOR working hard for the Combatant Commander every day in every way.*

*In conjunction with the Blue Star Moms, our home station folks are shipping care packages around the world. To name a few, Maj Matt Gabica received his "goat care package" and MSgt Bell's package included a gift for her "deployed Elf on a Shelf." Even with the holidays approaching our deployers' spirits are high and they are focusing on the short time they have left.*

*The remainder of our group will return to Idaho in 2017. I am extremely proud of the great job each and every one of you are doing. Thank you for what you do! Happy Holidays!*

### **To the Mission Support Group returnees**

*Remember that the transition back to your families and civilian careers can offer unique challenges. Readjusting to home life and work may be more difficult than you had anticipated and take longer than expected. With that in mind...families and Airmen need to be patient with each other and communicate more openly when things get "out of balance". Some of you welcomed new children in your absence and most of your kids got a little taller as well, perhaps a hair style changed.... in any case life continued on while you were away and your family found a new routine. Take it one day at a time and know that the highest levels of leadership down to our newest Airmen are here to help if needed.*

### **To the Mission Support Group deployers**

*You are in the final stretch! Stay the course, stay focused and prepare yourselves for reintegration with your families. Most of all.....come home safely!*

### **To the Mission Support Group families**

*Our new Airman & Family Readiness Program Manager, Mrs. Kristen Harrison, has provided new and exciting family activities that I hope you have utilized. Please don't hesitate to ask for assistance if you need. We are here for you!*

*-Col. Stephanie Sheppard*

## **Family Member's Contact Numbers for the Mission Support Group**

### **Logistics Readiness Squadron**

Senior Master Sgt. Timothy Gibson 208-422-5573  
Master Sgt. Leroy Armbruster 208-422-6191

### **Security Forces Squadron**

Master Sgt. Timothy Davidson or  
Senior Master Sgt. Eugene Rosin 208-422-5897

### **Communications Flight**

Master Sgt. Aileen Castro 208-422-3242

### **Civil Engineer Squadron**

Lori Roudenbush 208-751-3623

### **Force Support Squadron**

Maj. Teresa Busmann 208-422-5381

### **Airman & Family Readiness Program Manager**

Mrs. Kristen Harrison 208-422-5374

# **R**ETURN EUNION EINTERGRATION

## **Tips for the deployed member upon return:**

- \* Take in-processing seriously.**
- \* Take your down time, you've earned it!**
- \* Be sure to identify any medical issues that occurred while deployed. Seek a resolution before you come off orders.**
- \* Know your rights to reemployment and the procedures you need to follow (ESGR).**
- \* Register with the VA, contact the VA for more information at 1-800-827-1000.**
- \* Locally, we have a Transition Assistance Advisor (TAA) to assist with VA and Tricare Issues, 208-272-4408.**
- \* Take things easy...don't rush in and try to fix everything. In most cases, things aren't broken, only different.**
- \* Kids are on their own time. You have to fit into their schedule.**
- \* Reenter your family relationships in a positive way.**
- \* Effective communication starts with LISTENING.**



## Tips for the family:

- \* Give each other some space and time to allow for a successful reintegration. Remember, it's a process, not an event!**
- \* Don't expect an instant "normal", this could take weeks.**
- \* Listen to each other and try and communicate effectively. All parties have stories to tell.**
- \* Don't be afraid to use existing resources for assistance.**
- \* Compare what went right/wrong during the deployment.**
- \* Monopolize on the things that went right and don't dwell on the things that didn't. Learn from both!**
- \* Enjoy the fact that you are once again together as a family!**
- \* Military ONESOURCE is a great resource  
1-800-342-9647 [www.militaryonesource.com](http://www.militaryonesource.com)**

**For additional information or questions, please contact Kristen Harrison, Airman and Family Readiness Program Manager at 422-5374, or Vicki White, Yellow Ribbon Program Specialist at 422-6788.**



# PERSONAL FINANCIAL COUNSELING

## 1 Saving

Did you save money during the deployment? What are you planning on doing with the money saved?

## 2 Pay Cut

Are you going to experience a pay cut? Have you developed a new spending plan for a reduction of income? Do you need to adjust your TSP contributions?

## 3 Deployment

Did you put an active duty alert or credit freeze on your credit? Should you remove it? Do you still need to file taxes for 2015? Did you take advantage of the SCRA interest rate reduction, what now? Did you reduce your car insurance?

## Managing finances can be a daunting task, so why do it alone?

Steve Stech, CFP, can help you and your family manage finances, resolve financial problems, and reach long-term goals such as getting an education, buying a home, and planning for retirement. He provides services, training, and workshops to all the military services, active duty, guard and reserves. Some of the services he provides are budgeting and spending plans, debt and credit management, dealing with collections, deployment financial readiness, savings and investments, mortgages, home buying, preventing foreclosure, retirement planning including the new blended retirement system, basic estate planning, tax planning, insurance, college finances, emergency financial relief, and even security clearance finances.

**STEVE STECH, CFP (208) 473-8494**

CERTIFIED FINANCIAL PLANNER

[PFC.ID.ANG@Zeiders.com](mailto:PFC.ID.ANG@Zeiders.com)

All services are FREE, ANONYMOUS, and CONFIDENTIAL





# JUST YESTERDAY













124th Fighter Wing  
IDAHO AIR NATIONAL GUARD  
4474 S. DeHavilland Street  
Boise, Idaho 83705-8103

Permit 764

